

Sunbeam

Rice Perfect

Instruction/Recipe Booklet

This book covers the use and care of the following Sunbeam Rice Cookers:

RC2610 Rice Perfect 8 – 8 cup Rice Cooker

RC2300 Rice Perfect 5 – 5 cup Rice Cooker

Please read these instructions carefully
and retain for future reference.

Product featured - RC2300



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR RICE PERFECT.

- Do not operate the rice cooker on an inclined surface. Use a flat level surface.
- Do not move or cover the rice cooker whilst in operation. Unplug before moving.
- Do not immerse the heating vessel of the rice cooker in water or any other liquid.
- Use your rice cooker at least 200mm away from walls and curtains.
- Do not use your rice cooker in confined spaces.
- Remove the power cord before cleaning the rice cooker.
- After cleaning ensure that the cord inlet area is completely dry before using again.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug – do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line on toll free number 1800 025 059 (AUSTRALIA) or 09 912 0747 (NEW ZEALAND).

Ensure the above safety precautions are understood.

Features of your Rice Perfect 8 – RC2610

Steaming tray.

Convenient steaming tray allows you to retain colour, vitamins and minerals of your food.

Non-stick Removable Cooking Pan.

Lightweight pan distributes heat evenly for perfectly cooked rice every time. The non-stick pan is removable for easy cleaning.

Keep Warm Light.

Illuminates to indicate that your Rice Perfect 8 cup is in the KEEP WARM mode.

Cook Light.

Illuminates to indicate that your Rice Perfect 8 cup is in the COOK mode.

Automatic Control.

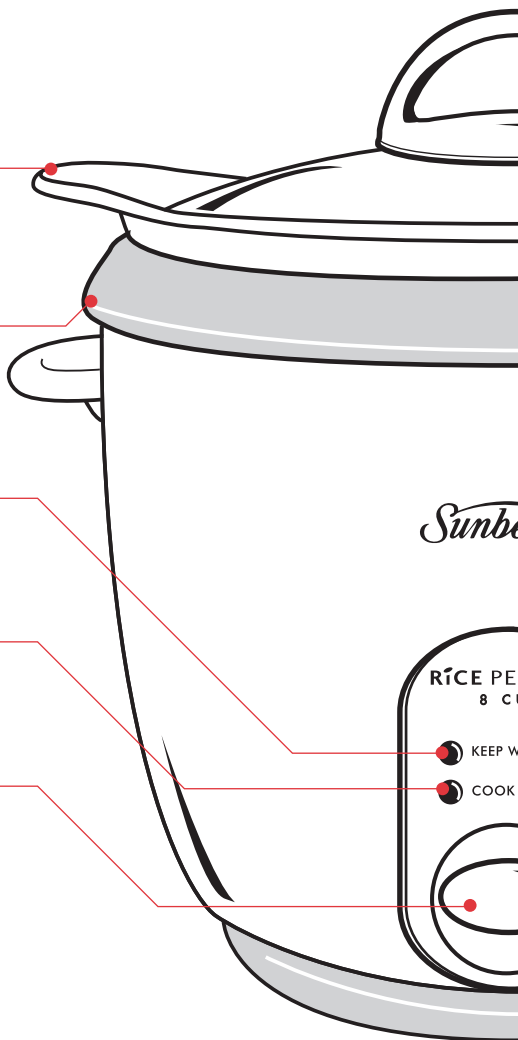
Depress the lever to commence the COOK mode. The control automatically switches to KEEP WARM mode when the rice is cooked.

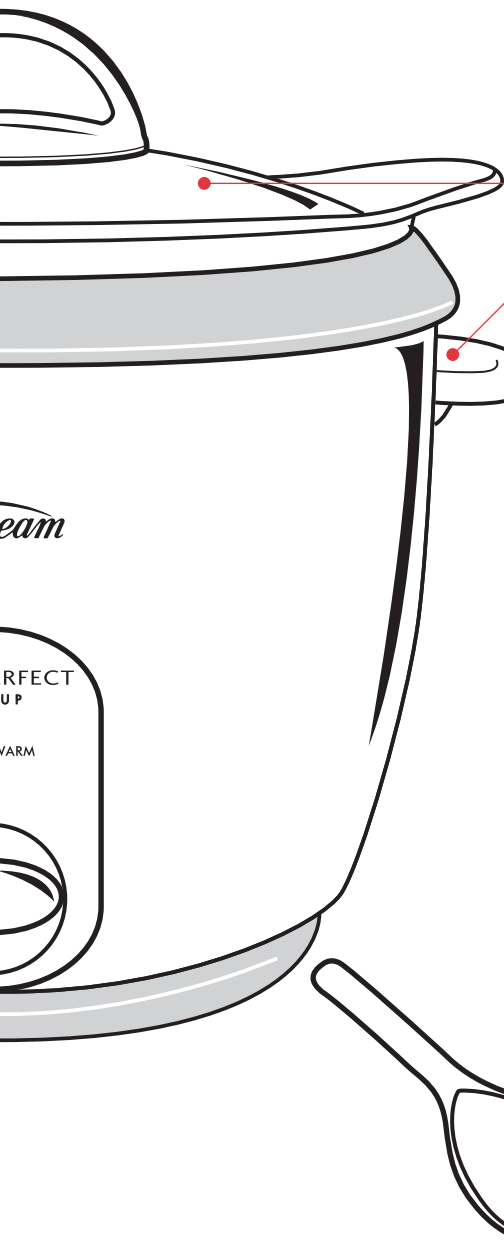
Keep Warm Function.

Keeps your rice warm until you are ready to serve it.

8 Cup Capacity (16 cups cooked rice).

Prepare from 2 to 8 cups of uncooked rice at any time. As a guide the 8 cup capacity will feed approximately 14-16 people.





Glass Lid with Steam Vent.

Allows steam to be released while cooking, reducing condensation.

Cool Touch Handles.

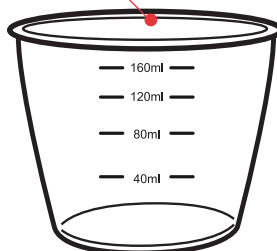
Allows you to lift and carry the Rice Perfect 8 to the table.

Serving Spoon.

Ideal for stirring and serving rice from the rice cooker. The plastic will not scratch the non-stick surface on the cooking pan.

Measuring Cup.

Ensures accurate measuring of rice to achieve perfect results every time.



Features of your Rice Perfect 5 – RC2300

Non-stick Removable Cooking Bowl.

Lightweight pan distributes heat evenly for perfectly cooked rice every time. The non-stick bowl is removable for easy cleaning.

Keep Warm Light.

Illuminates to indicate that your Rice Perfect 5 cup is in the KEEP WARM mode.

Cook Light.

Illuminates to indicate that your Rice Perfect 5 cup is in the COOK mode.

Automatic Control.

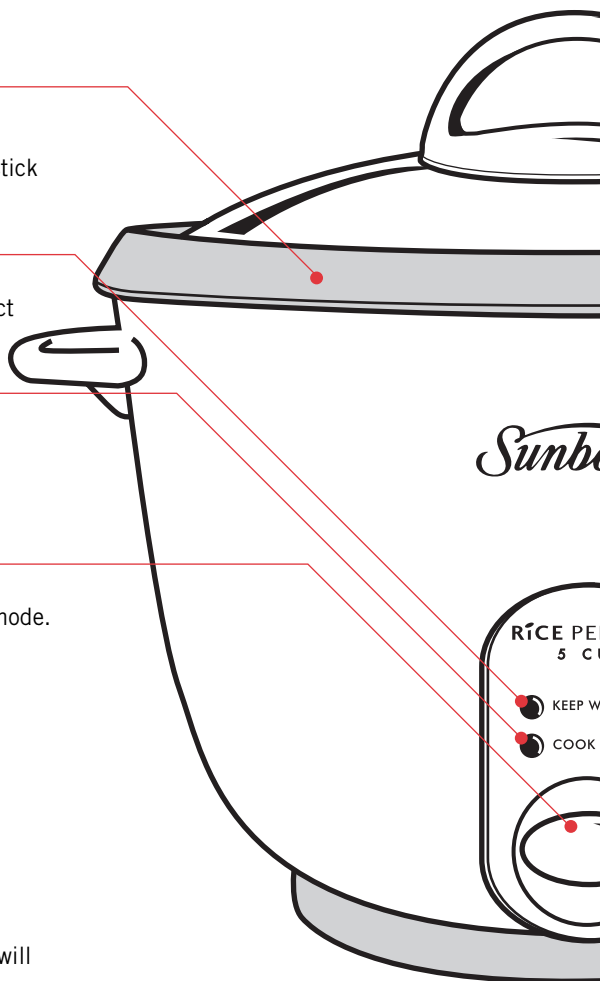
Depress the lever to commence the COOK mode. The control automatically switches to KEEP WARM mode when the rice is cooked.

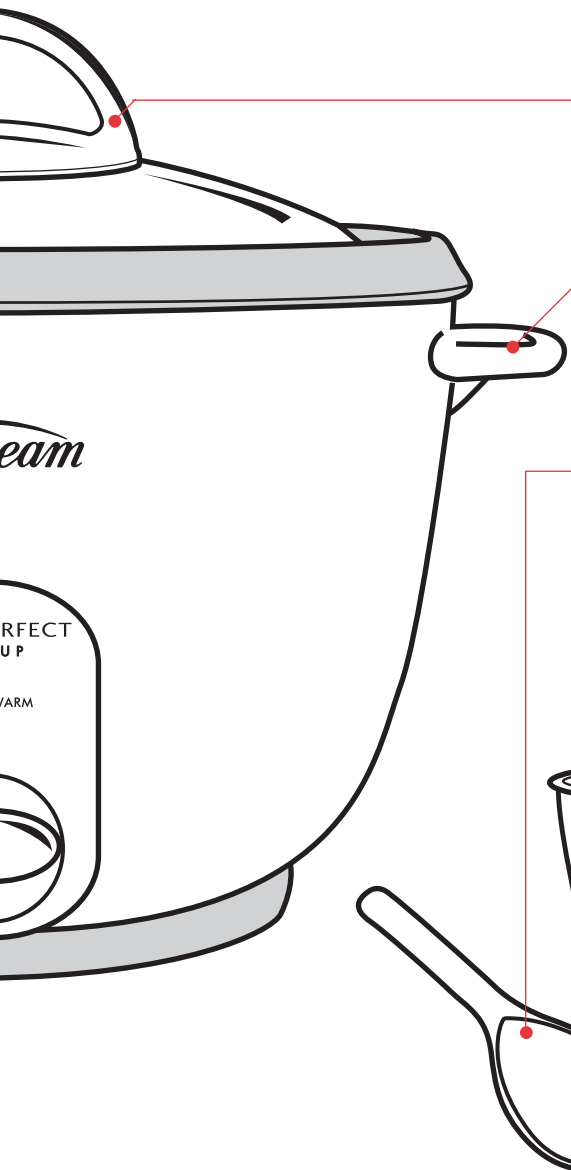
Keep Warm Function.

Keeps your rice warm until you are ready to serve it.

5 Cup Capacity (10 cups cooked rice).

Prepare from 1 to 5 cups of uncooked rice at any time. As a guide the 5 cup capacity will feed approximately 8-10 people.





Glass Lid with Steam Vent.

Allows steam to be released while cooking, reducing condensation.

Cool Touch Handles.

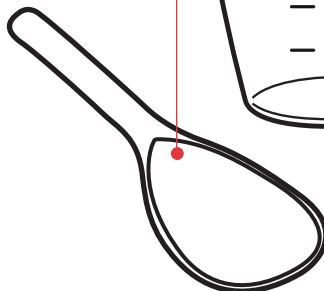
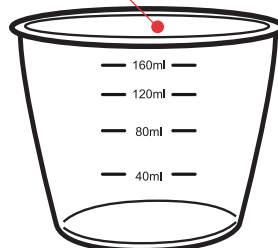
Allows you to lift and carry the Rice Perfect 5 to the table.

Serving Spoon.

Ideal for stirring and serving rice from the rice cooker. The plastic will not scratch the non-stick surface on the cooking pan.

Measuring Cup.

Ensures accurate measuring of rice to achieve perfect results every time.



Using your Rice Perfect

1. Before using your Rice Perfect for the first time wash the cooking pan, lid, measuring cup and serving spoon in warm soapy water. Rinse and dry thoroughly.
2. Using the measuring cup provided, measure out the required quantity of rice.
NOTE:
1 level cup measure = 180mls.
1 cup of uncooked rice = 2 cup of cooked rice (approximately).
3. Using a sieve, wash rice thoroughly under cold water before cooking. This removes excess starch which helps to achieve fluffier rice. Make sure water runs clear before use.
NOTE: A fine mesh sieve is the most effective way to wash the rice. Run water through rice until water runs clear not milky.
4. Ensuring that the exterior of the cooking pan is clean and dry, place it inside the heating vessel.
5. Place the washed rice in the removable pan. Add cold water to the cup level indicated on the inside of the removable pan or quantity of water specified. See cooking charts on pages 9 and 10.
6. Replace the lid.
7. Insert the plug into a 230-240 volt AC power outlet and turn the power on. (The “KEEP WARM” light will illuminate).
8. Depress the automatic control lever to “COOK”, to begin the cooking cycle. The “COOK” light will illuminate.
9. When cooking is complete, your Rice Perfect will automatically switch to “KEEP WARM” mode and the “KEEP WARM” light will illuminate.
10. Allow rice to stand in the “KEEP WARM” mode for 5 minutes for small quantities and approximately 10 minutes for larger quantities, with the lid on. DO NOT use metal utensils as these will scratch the non-stick coating. A plastic spoon is supplied.
11. The “KEEP WARM” cycle will continue until the power is switched off. If keeping the rice warm, stir, then replace lid. Rice can be kept warm in the Rice Perfect for up to 2 hours. After two hours rice should be refrigerated for storage, if required.
NOTE: During operating – do not remove the lid as this may affect cooking results. Do not interfere with the automatic control lever. Do not keep rice in the cooker for extended periods of time on “KEEP WARM” mode as the rice becomes dry and the quality deteriorates.

Care and cleaning

After using your Rice Perfect, turn the power off and remove the cord from the power outlet.

The lid, removable pan, measuring cup and serving spoon should be washed in warm water using a mild detergent. **DO NOT** use harsh abrasives to clean the removable cooking pan as these will damage the non-stick coating. The exterior of the cooking vessel can be wiped over with a damp cloth.

CAUTION: Never immerse the heating vessel in water.

DO NOT place any part of your Rice Perfect in a dishwasher. The hot water temperatures and harsh detergents may warp or stain the parts.

CAUTION: Never use any chemical, steel wool, harsh abrasive cleaners, thinners or chemical dust cloths to clean any part of your Rice Perfect.

WARNING: Do not allow water to enter the inside of the heating vessel as this may cause electrocution.

Tips for cooking rice

- Results may vary depending on type of rice used.
- For fluffier rice, add a little extra water and for firmer rice, add a little less water.
- Should you happen to add too much extra water, the excess water may overflow during cooking. Sometimes it is a good idea to cook the rice with the recommended quantity of water first and then if the rice is still crunchy, a little extra water can be stirred through and the 'COOK' lever activated again.
- Cup measure provided equals approximately 135g of rice. If you misplace the measuring cup provided please refer to the quantities using a metric cup in the table(s) following. Please note that cooking times may vary due to slight differences between the cup provided and a metric cup.

Cooking Chart – Rice Perfect 8 cup (RC2610)

Using Cup Provided (uncooked rice qty)	Conversion to Metric Measure (uncooked rice qty)	Fill to Water Level Indicator	Approximate Cooking Time (minutes)
WHITE RICE			
2	1 1/3 cups (265g)	2	15
3	2 cups (400g)	3	18
4	2 2/3 cups (530g)	4	21
5	3 1/3 cups (665g)	5	23
6	4 cups (800g)	6	26
7	4 2/3 cups (930g)	7	28
8	5 1/3 cups (1065g)	8	30
BROWN RICE			
2	1 1/3 cups (265g)	2	25
3	2 cups (400g)	3	29
4	2 2/3 cups (530g)	4	34
5	3 1/3 cups (665g)	5	36
6	4 cups (800g)	6	41
7	4 2/3 cups (930g)	7	43
8	5 1/3 cups (1065g)	8	47

Cooking Chart – Rice Perfect 5 cup (RC2300)

Using Cup Provided (uncooked rice qty)	Conversion to Metric Measure (uncooked rice qty)	Fill to Water Level Indicator	Approximate Cooking Time (minutes)
WHITE RICE			
1	$\frac{2}{3}$ cups (130g)	1	15
2	$1\frac{1}{3}$ cups (265g)	2	18
3	2 cups (530g)	3	24
4	$2\frac{2}{3}$ cups (665g)	4	27
5	$3\frac{1}{3}$ cups (800g)	5	31
BROWN RICE			
2	$1\frac{1}{3}$ cups (265g)	2	29
3	2 cups (530g)	3	36
4	$2\frac{2}{3}$ cups (665g)	4	38
5	$3\frac{1}{3}$ cups (800g)	5	43

Recipes

NOTE: Ensure rice has been thoroughly washed under cold water before cooking to prevent rice grains from sticking to pan.

Coconut Rice

4 cups Jasmine rice
400ml coconut cream or lite coconut milk
600ml water
1 tbsp sugar (optional)
2 lime leaves (optional)

Place all ingredients in the removable pan and mix well. Cook with lid on. Allow 10 minutes on warm function after cooking. Approx. time 30 minutes.

Savoury Rice

Use chicken or beef stock in place of water to cook rice.

Spicy Rice

Cook saffron rice as directed above, and add $\frac{1}{2}$ teaspoon curry powder, $\frac{1}{2}$ teaspoon chinese 5 spice powder. After cooking stir through $\frac{1}{2}$ cup sultanas, for every 2 cups of rice.

Tasty Rice Rissoles

Makes approx 10

2 tablespoons (40 grams) butter or oil
1 onion, finely chopped
 $\frac{1}{2}$ teaspoon curry powder
2 cups brown rice, cooked in Rice Perfect
1 zucchini, grated
1 carrot, grated
 $\frac{1}{4}$ cup finely chopped parsley
200g pumpkin, cooked, drained well and mashed
 $\frac{1}{2}$ cup unprocessed bran
 $\frac{1}{4}$ teaspoon ground sage
 $\frac{1}{4}$ teaspoon ground cumin seeds
2 eggs, lightly beaten
2 tablespoons mayonnaise
 $\frac{1}{4}$ cup peanut butter
breadcrumbs for coating
oil for shallow frying

1. Melt butter or margarine in a pan. Lightly sauté onion and curry powder. Transfer to a large bowl. Add rice, zucchini, carrot, parsley, pumpkin, sage and cumin; mix well.
2. Combine eggs, mayonnaise and peanut butter, mix well. Add rice and vegetable mixture; mix until combined.
3. Shape mixture into approximately 10 rissoles. Coat in breadcrumbs.
4. Heat oil in frypan on high heat. Fry rissoles until golden brown. Serve with salad.

Recipes continued

Fried Rice

Serves 6-8

- 1 tablespoon (20g) butter or oil
- 3 eggs, lightly beaten
- 1 clove garlic, peeled and finely chopped
- $\frac{1}{2}$ tablespoon grated fresh ginger
- 1 red capsicum, chopped into 1.5cm pieces
- 4 rashers bacon, roughly chopped
- 4 green onions, sliced
- 1 x 225g can pineapple pieces, drained
- $\frac{1}{2}$ cup frozen peas
- 4 cups white rice, cooked in Rice Perfect
- 1 tablespoon soy sauce

1. Melt butter in a frypan on high heat. Add eggs to pan fry as for an omelette. Remove from pan place on a plate, cover in foil set aside.
2. Lightly sauté garlic, ginger, capsicum and bacon. Add onions, pineapple and peas and cook for approximately 2 minutes.
3. Add rice and chopped egg to frypan. Gently toss to combine. Add soy sauce and mix thoroughly. Heat through before serving.

Creamy Mushroom Risotto

Serves 4-6

(RC2610 only)

- 2 tablespoons olive oil
- 80g butter
- 1 onion, chopped finely
- 1 clove garlic, crushed
- 2 cups (metric) uncooked Arborio rice
- 1 cup dry white wine
- 1 litre chicken stock, hot
- 200g Swiss brown mushrooms, sliced
- 150g button mushrooms, sliced
- $\frac{1}{2}$ cup grated parmesan
- $\frac{1}{4}$ cup chopped fresh parsley
- Freshly ground black pepper

1. In a large frying pan heat half the oil and butter; add onions and garlic and cook until the onions are tender. Add the rice and stir through to coat the rice with the onion mixture.
2. Add the wine and cook, stirring, until most of the liquid has absorbed. Transfer mixture to the Rice Perfect cooking pan. Add the hot chicken stock and stir through. Making sure that the exterior of the pan is dry; place into heating vessel.
3. Replace the lid.
4. Depress the automatic control lever to "COOK".
5. When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave the rice in the cooker for 10 minutes at this stage. DO NOT REMOVE LID.
6. Meanwhile heat the remaining oil and butter in a frying pan and cook, stirring until the mushrooms are tender; drain any excess liquid.
7. After the rice has been in the "KEEP WARM" mode for 10 minutes, open the lid. Stir through the mushrooms, parmesan and parsley. Season to taste with black pepper.
8. Serve immediately.

Recipes continued

Pine Nut & Rice Stuffing for Turkey

3.5kg turkey
1 tablespoon butter or oil
3 onions, peeled and finely chopped
2 cups brown rice, cooked in Rice Perfect
250g dried apricots, roughly chopped
1½ cups pine nuts, roughly chopped
2 tablespoons brandy or wine

1. Heat butter or margarine in a pan and lightly sauté onions.
2. Combine with remaining ingredients. Place stuffing into cavity of turkey and truss. Bake for approximately 2-2 ½ hours at 180°C.

Bacon and Pineapple Stuffing for Chicken No. 16 chicken

1 cup white or brown rice, cooked in Rice Perfect
⅓ cup crushed pineapple, well drained
2 rashers bacon, rind removed and roughly chopped
4 green onions, chopped
1 egg
1 teaspoon mixed herbs

1. Combine all ingredients. Place into cavity of chicken and truss.
2. Bake for approximately 1 hour and 20 minutes, or until cooked. Baste chicken with juices throughout baking.

Pilau

Serves 6

1 tablespoon (20 grams) butter or margarine
2 small onions, peeled and finely chopped
2 green onions, finely sliced
2 cups uncooked white rice, long grain
1 x 440g can corn kernels, drained
1 red capsicum, seeds removed and cut into thin strips
2½ cups (625ml) chicken or vegetable stock

1. Melt butter or margarine in a pan and sauté onions until tender.
2. Add onions, rice, corn and capsicum. Cook for 2-3 minutes, stirring to coat rice.
3. Transfer rice mixture to Rice Perfect. Pour stock over rice.
4. Cover and depress lever to "COOK". Allow to stand for 10 minutes. Serve hot.

Recipes continued

Summer Rice Salad

2 cups brown rice, cooked in Rice Perfect
1 x 450g can pineapple pieces in natural juice, reserving $\frac{1}{4}$ cup juice for dressing
1 carrot, grated
1 zucchini, sliced
1 small red capsicum, cut into 1.5cm pieces
 $\frac{1}{2}$ cup cashews, toasted and chopped
 $\frac{1}{2}$ cup sultanas

Dressing

$\frac{1}{4}$ cup white wine vinegar
 $\frac{1}{4}$ cup honey
 $\frac{1}{4}$ cup pineapple juice
2 tbsp grated ginger
 $\frac{1}{4}$ cup coriander leaf, chopped

1. Place salad ingredients into large bowl.
2. Combine the dressing ingredients in a bowl.
3. Pour dressing over salad and toss well. Sprinkle with extra coriander to serve.

Peachy Rice Crumble

2 cups white rice, cooked in Rice Perfect
1 x 825g can sliced peaches, drained
 $\frac{3}{4}$ cup sultanas
1 cup orange juice
 $\frac{1}{4}$ cup honey

Topping

80g butter or margarine melted
 $\frac{1}{2}$ cup wholemeal flour
1 cup rolled oats
 $\frac{1}{2}$ cup coconut
 $\frac{1}{2}$ cup brown sugar, firmly packed
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon mixed spice
 $\frac{1}{3}$ cup slivered almonds

1. Pre-heat oven to 180°C. Grease a 23cm round oven proof dish.
2. Spread rice over base of prepared dish. Arrange peaches and sultanas on top of rice.
3. Combine orange juice and honey in a saucepan. Gently heat, stirring until well combined. Pour over rice and fruit.
4. Combine all topping ingredients into a bowl. Spread evenly over rice and fruit.
5. Bake for approximately 30 minutes. Serve with custard or ice cream.

Recipes continued

Rum and Raisin Rice Custard

3 eggs, lightly beaten

$\frac{1}{2}$ cup sugar

3 cups hot milk

1 cup raisins or sultanas

2 teaspoons rum essence

2 cups white rice, cooked in Rice Perfect

1. Pre-heat oven to 180°C. Grease a 4-5 cup oven proof dish.
2. Combine eggs and sugar. Gradually add hot milk, stirring constantly until combined.
3. Stir in raisins or sultanas, essence and rice. Pour mixture into prepared dish.
4. Place dish in a pan of hot water and bake for approximately 1 hour and 15 minutes, or until custard has set.

NOTE: Custard is set when knife is inserted in the centre and comes out clean.

Sushi

You will find it a pleasure to be able to make your very own sushi with these simple steps. You will need to use Japanese style sushi rice which is a type of short grain rice and is readily available at good supermarkets. The cup measurement below is using the cup measure provided with your Rice Perfect Deluxe 7.

Sushi rice

3 cups sushi rice
3 cups water

Sushi Vinegar

$\frac{1}{3}$ cup rice vinegar
 $2\frac{1}{2}$ tablespoons sugar
 $\frac{1}{4}$ teaspoon salt

1. Place rice in a fine sieve and wash until the water runs clear. Drain for at least 10 minutes.
2. Place rice in cooking pan. Add 3 cups of water or fill water to number 3 on the cooking bowl. Making sure that the exterior of the pan is dry, place into heating vessel.
3. Replace the lid.
4. Depress the automatic control lever to "COOK".
5. When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave the rice in the cooker for 10 minutes at this stage. **DO NOT REMOVE LID.**
6. Combine sushi vinegar ingredients together; mix well until the sugar dissolves.
7. Spread the rice into a large flat bottomed wooden or plastic bowl or container. Using the rice spoon provided, gently slice through the rice removing any lumps; at the same time gradually pour over sushi vinegar.
8. Use either an electric fan on low or a hand fan; fan the rice until it is almost cool. Continue to gently slice through the rice but don't stir as this will break up the rice grains.
9. Place a clean damp cloth over the rice to prevent it from drying out while making sushi. Rice should be used as soon as possible.
10. Do not put rice in the refrigerator as it will be too hard.

Makes approximately 9 cups of cooked sushi rice.

Making Sushi

Before you make sushi you will need to purchase a bamboo mat for rolling your sushi. For best result lightly dampen your mat before using.

6 sheets toasted seaweed (nori)
Small bowl of cold water with 2 teaspoons rice vinegar
Ready made wasabi paste
Japanese soy sauce to serve

Selection of ingredients listed below for 6 large rolls:

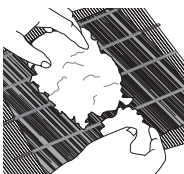
1cm strips sashimi grade tuna or salmon
Cooked prawns, shelled, deveined, halved lengthways
Cooked crabmeat
Pickled daikon, sliced thinly
Lebanese cucumbers, seeds removed sliced thinly
Avocado, sliced thinly
Green onions, sliced into strips lengthways
Snow pea sprouts
Japanese mayonnaise
Pink pickled ginger

1. Place a sheet of seaweed, shiny side down onto the dampened bamboo mat.
2. Dip your fingers into the water and scoop approximately $\frac{1}{6}$ of the rice onto the centre of the seaweed.
3. Gently spread the rice over the seaweed without pushing down, leave approximately

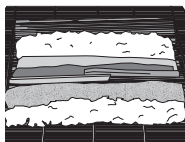
a 3cm strip at the top of the seaweed uncovered. This will help seal the roll after rolling.

4. If using wasabi paste, smear a very small amount across the centre of the rice. Place your choice of ingredients in a row over the wasabi, making sure that the ingredients go to both ends. Don't overfill as the sushi will be too difficult to roll. About 4-5 ingredients per roll is suitable.
5. Starting with the edge closest to you, pick up the mat with your thumb and forefingers and using your remaining fingers hold the filling in place while you start to roll away from you.
6. Roll forward gently but firmly. Moving the bamboo mat out of the way as you roll. Dip finger in water and slightly wet over the uncovered seaweed. Finish rolling, lightly press to shape. Unroll mat.
7. Place roll onto cutting board and using a very sharp knife cut into eight pieces.
8. Repeat with remaining rice, seaweed and fillings.
9. Serve with extra wasabi and Japanese soy sauce.

Makes 6 large rolls (48 pieces)



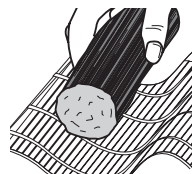
Step 1



Step 2



Step 3



Step 4

Steaming Times

WATER LEVEL (metric cup measures)	TIME
1/2 cup (125ml)	10-15 minutes
1 cup (250ml)	15-20 minutes
1 1/2 cups (375ml)	20-25 minutes
2 cups (500ml)	30-35 minutes

Note: Steaming will not start until the lid is placed on the unit and the lever is depressed, to commence the cook mode.

Steaming Vegetables

For best results when steaming vegetables:

- 1. Before steaming, thoroughly clean the vegetables. Cut off the stems and peel if desired.
- 2. Cut pieces to desired size. The smaller the piece the faster that it will cook.
- 3. To retain vegetable flavour and nutrients steam until just tender, but they should still be slightly firm.
- 4. Frozen vegetables should be defrosted before steaming.

VEGETABLE	QUANTITY	MINIMUM WATER (1 metric cup = 250ml)	APPROXIMATE COOKING TIME (minutes)
Asparagus	1 bunch (approx. 250g)	1/2	6-8
Beans	250g cut or whole	1/2	8-10
Beetroot	250g whole	2	20-30
Bok Choy	250g	1/2	6-8
Broccoli	350g	1/2	10
Brussel Sprouts	250g	1/2	10
Butternut Pumpkin	250g cut into 3cm pcs	1 1/2	15-20
Cabbage	250g coarsley shredded	1	12
Carrots	250g cut into 3cm pieces	1	15-20
Cauliflower	250g	1/2	10
Corn on the cob	500g whole cob	1	20-25
English Spinach	250g trimmed	1/2	5
Snowpeas	250g whole	1/2	5-7
Button squash	250g whole	1/2	8-12
Peas	250g shelled	1/2	12-15
Potatoes			
1.Chats	500g whole	1 1/2	20-24
2.Red or White	600g - 800g whole	2 1/2	30-36
3.Red or White	500g 3cm pieces	1 1/2	15-20
4.Sweet	500g 3cm pieces	1	12-17
Zucchini	250g sliced	1/2	8
FROZEN VEGETABLES	*Must be defrosted first.	1	12-16
Green beans, lima, broad beans, broccoli, brussel sprouts, carrots, cauliflower, mixed vegetables, peas.			

Steaming Fish and Seafood

For best results when steaming fish and seafood:

- 1. Place fish in the steamer tray.
- 2. Add lemon wedges, herbs, spices and seasoning before steaming.
- 3. Add butter or oils after steaming if desired.
- 4. Fish is cooked when it flakes easily with a fork.

TYPE	QUANTITY	MINIMUM WATER (1 cup = 250ml)	APPROXIMATE COOKING TIME (minutes)	SUGGESTIONS
Clams and pippies	500g	1	5-8	Steam until just open.
FISH				
1.fillet	500g	1	12	Before cooking brush
2.steak	500g – 2cm thick	1	12-18	lightly with oil & season.
Mussels	500g in the shell	1	8-12	Steam until just open.
Prawns (green)	500g medium in shell	1	12	Steam until just pink.

Steaming Poultry

For best results when steaming poultry:

- 1. Select pieces of a similar size for even cooking.
- 2. Cook meat on a single layer.
- 3. Remove all fat and skin.
- 4. If you desire colour. Brown the pieces well in a non-stick frypan before steaming.
- 5. Steam until well done. Check by piercing the thickest part of the poultry. If the juices run clear it is cooked through.
- 6. Cooking will vary depending on the size of the pieces.

Steaming Poultry

TYPE	QUANTITY	MINIMUM WATER (1 cup = 250ml)	APPROXIMATE COOKING TIME (minutes)	SUGGESTIONS
Breast fillet	500g	1½	12-14	Place the thickest part towards the outside of the basket. Brush with oil and season first.
Pieces – bone in	500g (approx. 4)	1½	15-25	Place the thickest part towards the outside of the basket. Brush with oil and season first.

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